

Untangling the Web

Disordered Eating and Weight Disorders: Knowledge, Tools, Strategies

Plymouth State University
Fourth Eating Disorders Conference

Saturday, April 25, 2009

Church Landing at Mill Falls
Meredith, New Hampshire

Pre-conference Friday, April 24

Co-sponsors

Plymouth State University
New Hampshire Endowment for Health
NH Charitable Foundation

The logo for Plymouth State University, featuring a stylized wave or swoosh above the text "Plymouth State" and "UNIVERSITY" in a smaller, all-caps font below it.

Plymouth State
UNIVERSITY

UNTANGLING THE WEB OF DISORDERED
EATING AND WEIGHT DISORDERS:
KNOWLEDGE, TOOLS, STRATEGIES

Eating disorders and obesity have become leading public health issues in our country. In a landmark announcement by the National Institute of Mental Health, “research tells us that anorexia nervosa is a brain disease with severe metabolic effects on the entire body. While the symptoms are behavioral, this illness has a biological core, with genetic components.” Meanwhile, more than 30 percent of our children are now considered obese. A recent study states that more than 20 percent of college students believe they have suffered from an eating disorder.

“Untangling the Web of Disordered Eating and Weight Disorders: Knowledge, Tools, Strategies” provides up-to-date information on disordered eating and weight disorders, and covers new tools and strategies for dealing with these serious public health issues.

WHO SHOULD ATTEND

Mental health, public health, and health professionals and educators; eating disorder survivors; and anyone who is interested in eating disorder prevention, treatment, or education and outreach programs for individuals, schools, and communities. Continuing Education Units will be available for a variety of professionals, and participants may also register for undergraduate or graduate credit.

FOCUS TRACKS

- Clinical (for health professionals)
- Education and prevention
- Special topics (advanced)

TOPICS

- Weight-related problems in adolescents: What? Why? How to help!
- Current medical and therapeutic issues of eating disorders and obesity (Maudsley, DBT, case studies, insurance concerns)
- Media and promotion of eating disorders
- “Big fat lies”: Myths about weight
- Prevention, education outreach to support positive body image in schools/communities
- Gastric bypass surgery

CONFERENCE SCHEDULE: SATURDAY, APRIL 25

8–8:30 a.m.	Registration/Exhibits
8:30–9:30 a.m.	Welcome/Keynote: Dr. Diane Neumark-Sztainer, “Weight-Related Problems in Adolescents: What? Why? How to Help!”
9:30–9:45 a.m.	Break/Exhibits
9:45–11 a.m.	Session I A. Clinical Focus: The Self of the Therapist: Countertransference and Self Disclosure B. Education Focus: Finding Your Way (case study) C. Special Issues: Swimming with Sharks: Getting Insurance Companies to Pay What They Should
11:15–12:30 p.m.	Session II A. Clinical Focus: DBT B. Education Focus: YouTube’s “Thinspiration” Videos C. Special Issues: Gastric Bypass Surgery
12:30–1 p.m.	Lunch/Exhibits
1–1:45 p.m.	Luncheon Keynote: Dr. Glenn Gaesser, “Is it Necessary to Lose Weight to Be Healthy?”
1:45–2 p.m.	Exhibits/Break
2–3:15 p.m.	Session III A. Clinical Focus: Maudsley Methods for Parents and Professionals B. Education Focus: Motivational Interviewing for Health Behavior and Weight Disorders C. Special Issues: Wolves in Sheep’s Clothing: Medical Complications of Eating Disorders
3:15–3:30 p.m.	Awarding of CEUs

See reverse side for pre-conference schedule

KEYNOTE SPEAKER

Dianne Neumark-Sztainer, PhD, MPH, RD, is a professor in the Division of Epidemiology and Community Health, School of Public Health, and an adjunct professor in the Department of Pediatrics, both at the University of Minnesota. Her research focuses on adolescent nutrition and the prevention of weight-related problems including eating disorders, unhealthy weight control behaviors, body dissatisfaction, and obesity. Neumark-Sztainer has published approximately 250 articles in peer-reviewed scientific journals and a book for parents of adolescents titled, *"I'm, Like, So Fat!" Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World*. She has received several awards for her work including awards from the National Eating Disorders Association and the Eating Disorders Coalition.

LUNCHEON FEATURED SPEAKER

Glenn Gaesser, PhD, is a professor in the Department of Exercise and Wellness, School of Applied Arts and Sciences, at Arizona State University. Gaesser has had prior faculty appointments at the University of Virginia and UCLA. He has given more than 200 invited regional, national, and international presentations to a variety of professional, business, and lay audiences on the subjects of health, fitness, and body weight, and is interviewed frequently by the media on these topics, including appearances on *Good Morning America*, ABC's *20/20* and *World News Tonight*, CNN, *NBC Nightly News*, and *Dateline NBC*. He also is the author of several books, including *Big Fat Lies: The Truth about Your Weight and Your Health*.

CONFERENCE COORDINATOR

Mardie E. Burckes-Miller, EdD, CHES, CEDS, FAED, is a professor of health education at Plymouth State University and director of the PSU Eating Disorders Institute graduate program. She has been coordinator of Eating Disorders Awareness Week in the Plymouth area for 10 years and has developed one of the first graduate specialization programs in eating disorders in the country to train health professionals and educators. Burckes-Miller has given more than 100 regional and national presentations on eating disorders and health issues. She was recently inducted as a fellow of the Academy of Eating Disorders for her contributions to the field of eating disorders.

THE ROLE OF EDUCATORS AND SCHOOL PROFESSIONALS IN EARLY RECOGNITION

PRE-CONFERENCE SCHEDULE: FRIDAY, APRIL 24

- 1–1:30 p.m.** Welcome/Overview of Eating Disorders (Mardie Burckes-Miller, EdD, Director, Eating Disorders Institute; conference coordinator)
- 1:30–2 p.m.** Medical Complications of Eating Disorders (Laura Clauss, ARNP)
- 2–2:30 p.m.** Nutrition Nuts and Bolts: Strategies for School Professionals (Claudette Peck, RD, LMHC)
- 2:30–3 p.m.** Assessment and Treatment of Eating Disorders (Amy Armstrong, LICSW)
- 3–3:15 p.m.** Break
- 3:15–4 p.m.** Media's Influence on Body Image and Disordered Eating (Rona Zlokower, MA)
- 4–4:30 p.m.** Students with Eating Disorders: Managing Vulnerability in the Academic Environment (Douglas Bunnell, PhD)
- 4:30–5 p.m.** Big Fat Lies about Ideal Weight (Glenn Gaesser, PhD)
- 5 p.m.** Closing and Certificates

ACCREDITATION

Continuing education credits are provided for professionals. Approval is pending for NBCC continuing education hours for all mental health providers licensed under the New Hampshire Board of Mental Health Practice as Category A. The counselor education program at PSU is an approved NBCC service provider. Approval is pending by NATA-BOC for continuing education credits for athletic trainers. Northern NH Area Health Education Center (NHAHEC) is an approved provider of continuing nursing education by the New Hampshire Nurses Association Commission on Continuing Education, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Five and one-half (5.5) credits for the conference and 3.75 credits for the pre-conference will be awarded. Approval also is pending for registered dietitians and CHES. Social workers who are interested in CEUs should contact Amy Holmes at aholmes@nchnh.org or (603) 837-2643 ext. 224.

SPACE IS LIMITED. REGISTER EARLY!

Registration deadline: April 1

Early registration deadline (lower rates): March 15

REGISTRATION

Early registration (by March 15):

\$139 conference

\$169 including pre-conference

\$49 pre-conference only

Standard registration (by April 1):

\$159 conference

\$189 including pre-conference

\$59 pre-conference only

At the door (if space is available):

\$179 conference

\$69 pre-conference only

**Students/Eating Disorders Institute Students/
EDI Alumni:**

\$80 for two days (copy of ID required)

Conference registration fees include: morning break,
lunch, and materials.

Certificates of attendance will be awarded at the
completion of the day.

To register, return completed form with full payment to:

Eating Disorders Conference,
Attn: Mardie Burckes-Miller
Eating Disorders Institute, MSC 22
Plymouth State University
17 High Street
Plymouth NH 03264-1595

ACCOMMODATIONS

For information about accommodations, visit http://millfalls.com/inns/church_landing.htm or call (800) 622-6455. Book by March 15 and mention the conference for special rates.

QUESTIONS?

For questions about the conference or graduate credit, contact: Mardie Burckes-Miller, conference coordinator, at (603) 535-2515 or margaret@plymouth.edu.

To learn more about the conference, the Plymouth State University Eating Disorders Institute, and related programs visit plymouth.edu/graduate/eatingdisorders.

plymouth.edu/graduate/eatingdisorders

Please print all information

Please register me for:

- ☐ Conference only
☐ Conference and pre-conference
☐ Pre-conference only

I am applying for early registration ☐

Total enclosed:

\$ _____

Name: _____

Address: _____

City/State/Zip: _____

Daytime phone: _____

Evening phone: _____

E-mail: _____

Organization: _____

Please send me information about:

- ☐ Receiving graduate or undergraduate credit
for this conference
☐ MEd or Eating Disorders Institute graduate
certificate program

Payment method:

- ☐ Check payable to Plymouth State University
☐ Amex ☐ MasterCard ☐ Visa ☐ Discover

Account number: _____

Expiration date: _____

Signature: _____

Workshop choices: Please indicate first choice (1) and
second choice (2) for each session

Session I A ☐ B ☐ C ☐

Session II A ☐ B ☐ C ☐

Session III A ☐ B ☐ C ☐

